

2020 School Sports NT Benchmark Times

FEMALE	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17-19 yrs
50 Free	38.50	36.20	34.10	32.30	31.80	31.40	31.20	31.00
100 Free	1.20.5	1.17.4	1.13.0	1.11.0	1.10.8	1.09.0	1.08.5	1.08.0
200 Free	2.33.0			2.32.0		2.31.0		2.30.0
400 Free				5.20.0		5.15.0		5.10.0
800 Free				11.06.60				
1500 Free				21.20.00				
50 Back	43.90	41.60	39.80	37.60		36.00		35.80
100 Back	1.35.00	1.30.00	1.26.00	1.22.00		1.19.00		1.17.60
200 Back				2.51.00		2.50.50		2.49.70
50 Breast	49.50	46.80	44.50	42.00		41.00		40.80
100 Breast	1.47.50	1.45.20	1.41.00	1.35.00		1.32.50		1.29.00
200 Breast				3.20.00		3.18.00		3.15.00
50 Fly	42.00	39.80	37.40	35.20		34.50		33.90
100 Fly	1.28.40	1.26.40	1.23.80	1.19.00		1.17.30		1.16.00
200 Fly				3.02.00		2.53.00		2.50.00
200 IM	3.15.00	3.10.00	3.05.00	2.50.00		2.47.00		2.45.00
400 IM				6.00.00		5.58.00		5.55.00

2020 School Sports NT Benchmark Times

MALE	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17-19 yrs
50 Free	38.50	36.20	34.10	31.50	30.40	29.20	28.50	27.70
100 Free	1.20.5	1.17.4	1.13.0	1.07.6	1.04.8	1.03.0	1.02.0	1.01.3
200 Free	2.33.0			2.22.0		2.14.0		2.10.0
400 Free				5.05.0		5.03.50		5.02.0
800 Free				10.30.00				
1500 Free				20.00.00				
50 Back	43.90	41.60	39.80	35.50		33.50		31.50
100 Back	1.35.00	1.30.00	1.26.00	1.16.00		1.11.20		1.09.40
200 Back				2.42.00		2.38.00		2.35.20
50 Breast	49.50	46.80	44.50	39.00		37.10		34.80
100 Breast	1.47.50	1.45.20	1.41.00	1.28.00		1.25.00		1.22.00
200 Breast				3.12.00		3.11.00		3.10.00
50 Fly	42.00	39.80	37.40	32.00		30.80		29.80
100 Fly	1.28.40	1.26.40	1.23.80	1.15.00		1.12.00		1.10.00
200 Fly				2.50.00		2.45.00		2.40.20
200 IM	3.15.00	3.10.00	3.05.00	2.45.00		2.40.00		2.33.00
400 IM				5.55.40		5.48.30		5.40.00